



	LU	MA	MI	JU	VI	SA	DO
6:30		ASHTANGA (MYSORE)	ASHTANGA (MYSORE)	ASHTANGA (CLASE GUIADA/ LED)	ASHTANGA (MYSORE)		
6:45							
7:00							
7:15							
7:30							
7:45							
8:00							
8:15							
8:30							
8:45							
9:00		JIVAMUKTI · RESTORE & RENEW	SLOW FLOW & TONE	VINYASA (MULTINIVEL)	ASHTANGA (MYSORE)		
9:15							
9:30							
9:45							
10:00							
10:15							
10:30							
10:45							
11:00							
11:15							
11:30	FUNCTIONAL CONDITIONING					VINYASA	
11:45							
12:00							
12:15							
12:30							
12:45							
14:00							
14:15							
14:30							
14:45							
15:00							
16:15					JIVAMUKTI · OPEN 75´		
16:30							
16:45							
17:00							
17:15							
17:30							
17:45							
18:00							
18:15							
18:30							
18:45							
19:00							
19:15	VINYASA	YOGA CONDITIONING	VINYASA & YOGA NIDRA	SLOW FLOW	YIN YOGA		
19:30							
19:45							
20:00							
20:15							
20:30							
20:45							
21:00							